



# MENTAL TRAINING FOR ATHLETES

## Sports are not just physical!

Learn the Mindfulness necessary to up your game at the Athlete Mental Training Workshop offered by Anchored Minds & Bodies, LLC

**Understand Your Inner Game.** You have the technique, strength, endurance, and agility...

**Now it's time to Train Your Mind!** Anchor your mind, focus your thoughts, find your flow, be resilient!

**Program:** The Athlete Mental Training Workshop; for Bridgewater & Raritan residents ages 13 – 18

**Dates:** Mondays; March 7, 14, 21 and April 4, 18, 25, 2016 **Time:** 6:30-7:30 pm

**Location:** 475 North Bridge Street #102, Bridgewater (ProCare Physical Therapy)

**Fee:** \$180 for 6 week workshop, payable to Anchored Minds and Bodies, LLC.

For more information see website: [www.anchoredmindsbodies.com](http://www.anchoredmindsbodies.com). For questions please email [maria.usewick@gmail.com](mailto:maria.usewick@gmail.com)

Bridgewater Recreation, 100 Commons Way, Bridgewater, NJ 08807 (908)725-6373 [www.bridgewaternj.gov](http://www.bridgewaternj.gov) 9am – 5pm Monday – Thursday 8am – 5pm Friday

**Athlete Mental Training**

\$180 payable to "Anchored Minds & Bodies, LLC"

Participant Last Name	First Name	Gender	Date of Birth	Grade 2015-16 school year
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Mailing Address	Town	Zip	Home Phone #
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Parent Cell #	Parent Work #	Parent Email Address
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Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.



Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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